

THE HEALTH HUB

1ST QUARTER, 2025

+ THIS EDITION

- ▶ Investing in Women's Health

Investing in Women's Health: A Path to Stronger Communities



March is widely recognized as Women's History Month, a time to celebrate women's contributions to history, culture, and society, and to raise awareness about women's rights. Nectacare dedicates this bulletin to highlighting the vital importance of women's health and well-being. At Nectacare, we understand that healthy women build healthy families and strong communities. Our aim is to provide our readers with valuable information and encourage proactive steps towards a healthier life.

Prioritizing Your Well-Being: Essential Health Tips for Women

Taking care of your health is an ongoing journey. Here are some key areas to focus on:

● Regular Check-ups are Crucial:

Schedule routine visits with your healthcare provider for screenings such as Pap smears, mammograms (as recommended by your doctor based on age and risk factors), and pelvic examinations.

Early detection significantly improves treatment outcomes for many conditions.

● Embrace a Balanced Lifestyle:

Nourish your body with a healthy diet rich in fruits, vegetables, whole grains, and lean protein. Regular physical activity, even moderate exercise like brisk walking, can boost your energy levels, improve mood, and reduce the risk of chronic diseases. Aim for at least 150 minutes of moderate-intensity or 75 minutes of vigorous-intensity aerobic activity per week.

● Understand Your Reproductive Health:

Be informed about your menstrual cycle, contraception options, and family planning. Don't hesitate to discuss any concerns or questions with your healthcare provider.

● Mental and Emotional Well-Being Matters:

Your mental health is just as important as your physical health.

Make time for activities that you enjoy, practice stress-management techniques like mindfulness or deep breathing, and seek support from friends, family, or professionals when needed.

● Bone Health:

Ensure you are getting enough calcium and vitamin D through your diet or supplements (as recommended by your doctor) to maintain strong bones and prevent osteoporosis, especially as you age.

● Stay Hydrated:

Drink plenty of water throughout the day to support overall bodily functions.

● Prioritise Sleep:

Aim for 7-9 hours of quality sleep each night for optimal physical and mental restoration.

Nectacare Services Supporting Women's Health

At Nectacare, we offer a range of services designed to support the unique health needs of women, including:

● **Comprehensive Wellness Examinations:** precancerous changes in the cervix, including breast and pelvic examinations. allowing for timely intervention. Visit any of our clinics or hospitals for a checkup

● **Family Planning and Counselling**

Services:

Providing information and access to various contraceptive methods.

● **Prenatal and Postnatal Care:**

Supporting mothers through every stage of pregnancy and beyond.

● **Health Education and Counseling:**

Empowering women with the knowledge to make informed decisions about their health.

Focus On: Cervical Cancer Awareness

Cervical cancer is preventable and treatable, especially when detected early. Regular Pap smears can identify

Healthy Recipe Corner: Quick & Nutritious Smoothie

Start your day with a boost of nutrients!

Ingredients:

- ▶ 1 ripe banana
- ▶ 1/2 cup mixed berries (fresh or frozen)
- ▶ 1/2 cup spinach
- ▶ 1/2 cup plain yogurt or milk (dairy or non-dairy)
- ▶ 1 tablespoon chia seeds or flax seeds
- ▶ A splash of water or juice (if needed for desired consistency)



Instructions:

- ▶ Combine all ingredients in a blender.
- ▶ Blend until smooth.
- ▶ Ready to serve

This smoothie is packed with vitamins, minerals, and antioxidants, making it a healthy and delicious way to nourish your body.

NECTACARE ACCESS PLAN

Affordable medical plan with essential value for your family

KEY BENEFITS

- In-hospital cover
- Outpatient benefits
- Maternity benefits
- Dental benefits

Sign up for the Nectacare Access Plan today!

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Minimum to no shortfalls & co-payment



Wellness and health risk management program



Access to a wide range of medical facilities & services

Meet Clara Rumbidzayi Joseph: A Story of Compassion and Care



In the heart of Nectacare Private Hospital, Clara Rumbidzayi Joseph stands as a beacon of hope and healing. As an ICU Nurse, Sports Medic, Wellness Representative, and Ambulance Escort Nurse, Clara's dedication to her patients and her profession is truly inspiring.

A strong commitment to continuous learning and growth marks Clara's journey in the medical field. She earned diplomas in both intensive care and coronary nursing, as well as general nursing. Her commitment to excellence is further demonstrated by her yearly renewal of her practising certificate from the Nurses Council of Zimbabwe.

Since joining Nectacare Private Hospital in

July 2022, Clara has been an indispensable part of the team. Her responsibilities range from attending to ICU and high-care patients to assisting with complex deliveries and newborn resuscitations. She also played a key role in the inspection and registration of the Nectacare Shabani Mine intensive care unit.

Clara's colleagues and patients know her for her unwavering commitment to providing the highest level of care. She expertly manages patients requiring respiratory and cardio-pulmonary monitoring, electrocardiography, and invasive and non-invasive cardiac monitoring. Clara's skills and compassion shine through, whether she's administering critical infusions or ensuring the best possible outcome for a patient during a referral.

Beyond her clinical expertise, Clara's warm and empathetic nature makes her a favourite among patients and colleagues alike. She has a remarkable ability to find humour in challenging situations, a quality that helps to ease the stress and anxiety often felt in a hospital environment. Her colleagues also know her for her persuasive abilities and her talent for cooking diverse cuisines – a skill she sometimes uses to bring a little comfort to her patients.

When asked about what she enjoys most about her job, Clara's answer is simple:

"Just being able to nurse a patient back to optimum health." This sentiment encapsulates her patient-centred approach and her deep satisfaction in making a tangible difference in people's lives. The best piece of advice she has ever received, "Always do your best and humble yourself," is a guiding principle that informs both her professional and personal life.

Clara's commitment to making a difference extends beyond the hospital walls. She volunteers at Covenant Life Church, where she provides support to the less privileged and offers counselling to people of all ages, including premarital counselling. Her favourite quote, "Be your own person – do the best in all situations," reflects her philosophy of life.

In her free time, Clara enjoys playing tennis and exploring new activities like golfing and gardening. She also loves reading novels and visiting new and exotic places, such as Kayela in Gweru and Antelope Park. These interests speak to her vibrant personality and her zest for life.

Clara Rumbidzayi Joseph is more than just a nurse; she is a healer, a caregiver, and a source of inspiration to all who have the privilege of knowing her. Nectacare Private Hospital is proud to have her as a part of the team.

